

Fall 2002

September— December



BLACKSBURG SENIOR CENTER

From Joy's Desk

It's hard to believe that summer is almost over. Although we hate to leave the warm months behind, the fall season has so much to offer here at the center and with our travel destinations.

We have two very special events that we hope you can attend. Our annual end of summer picnic will be catered this year and several activities such as bingo, horseshoes and croquet will be included. Our Annual Lasagna dinner will again feature delicious food and a time to recognize Ray Murley and others for their efforts.

I will be out of the office October 10—18. Call the front desk if you need assistance at 961-1149.

I look forward to seeing you all this fall season.

Center Closings

The Center will be closed the following days:

August 31—September 2

November 28—December 1

December 23—25

December 31 and January 1



Advisory Board Elections

It's time again to elect new board members. Please submit your ballot no later than November 1 to Joy Herbert, 725 Patrick Henry Dr. Blacksburg 24060.

Please select 6 and if more than 1 person is using the ballot, please mark accordingly.

Select 6

Connie Anderson	_____
Ray Murley	_____
Kathryn Helsing	_____
Dennis Gentry	_____
Linda Frazier	_____
Harriet Damant	_____
Jan Spahr	_____
Mel Huber	_____

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To receive your free quarterly newsletter, call Joy Herbert at 961-1134 to be placed on the mailing list.

The senior center is housed at the Blacksburg Community Center at 725 Patrick Henry Dr in Blacksburg.

Joy Herbert—Jherbert@blacksburg.gov

Senior Programs Supervisor

Dean Crane—dcrane@blacksburg.gov

Director, Parks and Recreation

We thank the following people for their time and efforts during the Summer months

Computer lab - Connie Anderson, Dennis Gentry, Frank Lau, Mary Korslund, Rick Ellison, Connie Billings, Dick Walker, Ralph Disney and Paul Smeal.

Bingo - Virginia Tu

Aerobics leaders —Gladys Smeal and Linda Frazier.

Newsletter—Paul and Gladys Smeal

Fitness Center—Paul Smeal

Book Club—Becky Etzler

Program leaders—Betty Falta, Pat Palmer, John Perry, BC Horne, Germille Colmano, Paul Smeal

Trips—Eldridge Rowe

Pancake Breakfast—Jim Moore, Pat Palmer, Joe Lockwood, Eldridge Rowe, Ray Murley, Lewis Barnette, Paul Smeal, Frank Lau, Otis Hall, and Mel Huber.

Registration—Ray Murley, JB Jones

May Breakfast— provided by the Bridge Group under the leadership of Bea Ake. Ted Ake, Mary Cox, Kathy Arp, Jim and Bunny Mitchell, Helen Smith, Alice Wells, Jane and John Perry, Joyce Lewis, Gloria Terhune, Pat Palmer, LaRue Blackwell, Larry Finckenor, Kit Munson, Nancy Lloyd, Irene Hillsman, Allen Campbell, Doris Abraham, Macie Hollinger and Dan Vogler.



The Ruby Murley Memorial Fund

This summer, we lost one of our very active Senior Center participants, Ruby Murley. She contributed a great deal of her time to the senior center since its beginnings through her ideas and leadership. We will miss her greatly. Ray Murley requested that, in lieu of flowers, donations could be sent to the senior center. I would like to thank the following people for their contributions:

Bruce and Connie Anderson, William and Pamela Winfrey, Eldridge and Rosa Rowe, Mr. and Mrs. WB Nun-

nally, Margaret Cain, EL and Melba Wisman, Mr. and Mrs. Vincent Talley, Bob and Barbara Blanton, Robert Rabb, HD and Harriet Damant, Lois Baldwin, Alice Johnson, John and Deborah Mercer, Thomas and Evelyn Starling, Mary Korslund, Katherine Helsing, Mel and Helen Huber, Kenneth and Juanita Dawson and the Fidelis Sunday School Class.



Senior Center Endowment Fund

The Community Foundation of the New River Valley has established an Agency Endowment Fund Titled, "The Town of Blacksburg Senior Center Endowment Fund," with annual disbursement of any "interest" funds at the discretion of the Senior Programs Supervisor, Parks and Recreation Director and input from the Senior Center Advisory board.

The fund was founded by Bruce and Connie Anderson, to specifically recognize the achievements of, and give recognition to, the Senior Center in Blacksburg. Additional contributions are needed to reach the \$10,000

required to become an Endowment Fund, and from then on and in perpetuity, the fund will provide for increased Senior Center needs not fulfilled by its annual budget.

Contributions of any size to support this Blacksburg Senior Center Endowment Fund may be sent to:

The Community Foundation of the NRV

Andy Morikawa, Executive Director

PO Box 6009

Christiansburg, VA 24073-6009

540-381-8999; fax 540-951-2990

Email: cfnrnv@cfnrnv.org. Website: <http://www.cfnrv.org/>

News You Can Use

COFFEE SERVICE

We are happy to provide coffee for our senior programs. However, during town employee holidays or vacations, coffee may not be provided. If you need coffee service during those times please contact Joy at 961-1134 a week before your scheduled program. She will instruct you or another designated participant on how to make coffee for your event.

WHAT DOES R/NR MEAN?

R - Resident. Individuals who live within the Blacksburg Town limits or pay Town taxes.

NR - Non Resident. Individuals who do not live within the Blacksburg Town limits or pay Town taxes will pay an additional \$10 fee. Or if the program fee is under \$10, the registration fee will be doubled.

HOW DO I KNOW IF I LIVE IN THE TOWN CORPORATE LIMITS?

One easy indicator is a car personal property tax sticker. Any further questions, please call 540-961-1135.

FLU SHOTS

Flu and pneumonia shots will once again be offered at the senior center this fall. However, it is too soon to schedule until we know when they will be available from the health department. Please call beginning the first of October at 961-1134. Joy should have more information at that time.



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and

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BCM@JRMattorney.com

Registration

- Registration for trips and classes begins Tuesday, August 27. For your convenience, numbers for registration will be given out at 9AM.
- We will also accept phone in registrations at **11AM**. Please call **961-1149** MasterCard and Visa accepted.
- After August 27, phone in and walk in registrations will be accepted Monday—Friday from 9AM-5PM.
- All classes and trips are on a first come, first serve basis.
- Classes and trips are for seniors ages 50 and above and their spouses. Non seniors may register 1 week prior to the start of the program if space is available.
- In addition to yourself, you can register up to three people, if space is available.
- You may use our mail in registration form which is included at the bottom of this page. However, mailing in your registration does not guarantee you a spot. Mail in forms are processed the day that registration begins and are added to the roster if space is available.



Refunds

- A \$5 service charge will be subtracted from the price of the class/trip on all refunds except when the class is canceled by the Blacksburg Parks and Recreation department.
- Refunds, minus the \$5 charge, will be made without question 7 days before the start of a program. However, some trips will require longer advance notice—please read the trip information carefully.
- Refund requests, minus the \$5 service charge, made less than 7 days prior to the event will be granted if a replacement can be secured for the program.
- Once the class has begun, pro-rated refunds, minus the \$5 service charge, will be made if a medical emergency prevents participation.
- Pink receipts must be returned to receive a refund.

Mail registration to: Blacksburg Parks and Recreation 725 Patrick Henry Dr Blacksburg, VA 24060

Participants

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Activity _____

Cost _____ (Make Checks payable to The Town of Blacksburg)

Signed _____ Date _____

Special Events

• Breakfast Get Togethers

Join us for some good food and fun once a month at 10AM until the food runs out. Program is free and requires no registration.

September 9 - Pancake Breakfast with Jim Moore and his famous team of pancake makers.

October 7— The aerobics group will prepare a delicious breakfast for all.

November 4 - The Bev Seniors group will once again prove they are just as talented with food as they are with computers.

• 8th Annual End of Summer Picnic

REGISTRATION REQUIRED

Don't miss our end of summer picnic at Nellie's Cave Park. This year it's catered by Country Kitchen. Enjoy delicious food, fellowship, croquet, horseshoes and even Bingo (weather permitting)

Menu - Hamburgers and Hot dogs with condiments, baked beans, Cole slaw, potato salad, potato chips, assorted desserts, and drinks

When Thursday, September 5

Time Meal served 11:30AM - 12:30PM

Activities - From 10:30 - 2PM

Bingo—starts at 1PM

Where Nellie's Cave Park - Rain or shine (directions—from Main street to Country Club and turn onto Grissom Lane. Travel .8 miles to the end of the road which will put you in the Nellie's Cave Parking lot).

Cost \$7 pay at senior center by September 4.

Registration begins August 27 at 930AM and ends September 4. No refunds accepted.

• Senior Center Fall Art Exhibit

This is an opportunity for all our senior artists to display their art work. The show will begin on September 30 and run through December 30.

If you would like to show your art please call Joy at 961-1134. Art work must be received **no later** than Monday, September 30. Art work must be picked up in January.

• Annual Lasagna Dinner

A time for great food - Vegetable and meat lasagna, drinks and salad will be provided. Please bring a dessert or bread to share. This is also a time to recognize your volunteer of the year, Ray Murley as well as other program leaders who contribute so much to the success of the senior center.

When Thursday, October 3

Time Dinner begins at 5PM.

Where Senior Community Room.

Cost Free, bring dessert or bread to share.

Sign up beginning August 27 at 930AM. Call 961-1134.

♦ Cruise Info Hour

Learn about the next Senior Center's cruising adventure. This time we'll travel on Celebrity's constellation for a 14 night grand tour of Western European ports and Scandinavia.

When Thursday, August 29

Time 5PM

Where Community Room

No registration required.

University Travel will also be available to answer questions during the senior center registration August 27.



Hot Topics

Join us for interesting presentations filled with important information pertinent to seniors. Programs are free. Everyone is welcome to attend. No registration necessary.



Preventing Falls: How to Stay Active and Independent.

Valerie Whitsett, MedShares Home Care representative, will present a very informative presentation on how you can prevent Falls from happening to you. She will also bring a LIFELINE device which is worn by older adults. This bracelet or necklace is used if you find yourself alone and needing emergency assistance. It directly sends out a 911 emergency signal when activated.

Monday, September 9

11:15 AM

30 minute presentation will be followed by a question and answer period

Activity Room

“Illusions of Progress: The Search for Campaign Reform”

Program co-sponsored by the League of Women Voters and Blacksburg Senior Center

Presented by Dr. Charles Walcott, Professor of Political Science at Virginia Tech.

He is co-editor of the Journal “Congress and the Presidency” and has written 4 books on government and politics. He teaches courses exploring the problems of money and politics, focusing on the problems that have arisen and the proposals for reform.

Tuesday, September 24

12Noon

Senior Community Room

“Supplements, Drugs, and Advertisements: Separating Facts from Fads.”

Presented by Dr. William Hendricks of Carilion Family Medicine in Blacksburg.

Wednesday, October 30

3PM

Senior Community Room

Homecare: Overview of Services and How it can help You to Maintain Your Independence.

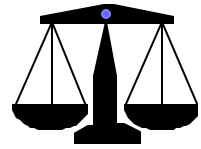
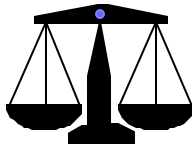
Valerie Whitset returns to present useful information pertinent to older adults and their loved ones.

Monday, November 4

11:15 AM

30 minute presentation will be followed by a question and answer period

Activity Room



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Ongoing Programs

♦ Virginia Insurance Counseling and Assistance Program

Dealing with medical insurance and bills can be a headache. VICAAP can help you. Robert Gribben our insurance counselor, will educate, counsel, and assist you regarding medical benefit programs, long-term care insurance, and problems with Medicare, Medicaid, and medical bill paying.

Tuesdays Sept. 10, Oct. 8, Nov 12, Dec. 10

Time 10-12

Where Senior Social Room

Cost Free, however, a voluntary donation to the Agency on Aging will be appreciated.

Please call Joy Herbert at 961-1134 to make an appointment.

♦ Bingo

When Sept. 19 and Oct. 24

Day Thursdays

Time 2-3:30PM

Where Senior Community Room

Cost \$2 donation appreciated

♦ Senior Book Club

Would you like to talk over that latest satisfying good book? Join others in the Senior Book Club. Members will take turns choosing the novel to be read each month. The person who chooses the novel may give a short presentation on it if he or she desires. Otherwise, the format of the meetings will be open discussion on points of interest or confusion within that month's book. Group meets once a month. Members will purchase their own books.

When Sept. 12, Oct. 10, Nov. 14, Dec 12

Time 2-4PM

Where Senior Social Room

Cost Resident \$5 one time start up fee
Non-resident \$10 start up fee
Registration is ongoing.

♦ Duplicate Bridge

The group meets every Monday at 12:30PM in the Senior Center Program Room. Partners are required and intermediate to advanced skill levels are recommended. For more information call John Perry at 552-4821 or BC Horne at 552-5361. Program is free.

♦ Sanctioned Duplicate ACBL Game

Group meets every Thursday at 1PM in the Senior Program Room. Master points are awarded. Donations Appreciated.

Call Pat Palmer at 961-1217 for more information.

♦ Party Bridge

Group meets every Tuesday and Friday in the Senior Program room at 9AM. All levels welcome. Partners are not required. Program is free.

♦ Canasta

Group meets every Friday at 9AM in the Senior Social Room. Call Betty at 953-0390 for more information. Program is free



◆ In the Kitchen with Seniors

This group will open the fall season with a low-fat and healthy TEX-MEX luncheon. Join us the first Friday of each month at 1230PM for lunch and fun. The food we prepare is best described as a blend of the Weight Watchers and Mediterranean diets. Like the French, they linger over their meals.

Cost \$7/meal, you may register for one or all 3. You must register at the center at least one week prior to meal date. Registration begins Tuesday, August 27. The number of participants is limited to twelve.

September 6

Hostesses: Priscilla Ellison and Elizabeth Reisinger
Seven Layer Mexican Appetizer, Baked Chips and Jalapeno Slices, San Diego Tamale Pie, Black beans and Corn Salad, Melon Mélange or Oranges Mexicano

October 4

Hostesses: Susie Jones and Mary Gordon Ely
Menu will be available after September 20th.

November 1

Hostesses: Barbara Smith and Barbara Bauer
Menu will be made available after October 18th

◆ In the Kitchen Educational Programs

After lunch a program will follow from 1:30PM—2:30PM. You do not have to come to the luncheon in order to come to the program. There is no charge for the program but you must call 961-1134 if you plan to attend beginning August 27.

Friday, Sept 6 - Diane Moore, Certified Therapeutic Recreation Specialist and Counselor at Carilion Behavioral Health, will conduct an interactive program on relaxation techniques.

Friday, Oct 4 - "Should I take Supplements" Eleanor Schlenker, PhD, Dean of Human Resources, Virginia Tech.

Friday, Nov 1 - "Osteoporosis" Karen Roberto, Ph.D., Professor and Director, Center for Gerontology at Virginia Tech.



◆ Bev Seniors

Are you interested in receiving a weekly e-mail message reminding you of events for seniors at the center or around the community? Then you may wish to become a BEV-Senior and be on their listserve. This organization meets monthly from September to May, without dues, provides computer assistance and information at their monthly meetings and instruction at the Senior Computer Learning Center. Come to their meetings and learn how to become a member.

Programs this quarter:

September 16 at 10:30AM

Workshop/Information on New Computer Topics.

October 21 at 10:30AM

SeniorNavigator.com by Ms. Cary Spiedell, Community Specialist Health Information, housing and medical concerns.
www.seniornavigator.com

November 18 at 10:30AM

Using the Internet for Shopping, Travel Plans and Reservations.

Steering committee meets at 10:30AM on Sept 9, Oct 7, Nov 4, and Dec 2.

◆ AARP Chapter #2613

AARP has general membership meetings at the Blacksburg Senior Center beginning at 1130AM. These are usually luncheon meetings with everyone bringing a bagged lunch. Meetings are open to the public.

Programs for this quarter:

September 17 TBA

October 15 "Senior Care Issues and Adult Day Care at Virginia Tech." Presented by Alison Galway, Director of Adult Day Care Services at Virginia Tech.

November 19 "First Aid for Seniors"

December 4 Christmas luncheon. Check AARP news for location details.

Movie Day

Join us for some great movies on our wide screen TV in the Senior Social room. Shows begin at 1PM. Bring your own snacks. Donations are requested to cover the cost of the movie.

Fall lineup includes.....

- ◆ "Cast Away" with Tom Hanks on Sept 10.
- ◆ "Pay it Forward" with Kevin Spacey and Helen Hunt on October 8
- ◆ "A Walk to Remember" with Mandy More on Nov 12

For your health

We care about you! Before increasing your physical activity or participating in our fitness programs, please take the following test.

Revised Physical Activity Readiness Questionnaire (PAR-Q)

Yes	No		
---	---	1.	Has your doctor ever said that you have a heart condition and recommended only medically supervised activity?
---	---	2.	Do you have chest pain brought on by physical activity?
---	---	3.	Have you developed chest pain in the past month?
---	---	4.	Have you on 1 or more occasions lost consciousness or fallen over as a result of dizziness?
---	---	5.	Do you have a bone or joint problem that could be aggravated by the proposed physical activity?
---	---	6.	Has a doctor ever recommended medication for your blood pressure or a heart condition?
---	---	7.	Are you aware, through your own experience or a doctor's advice, of any other physical reason that would prohibit you from exercising without medical supervision?

If you answered "yes" to any of these questions, call your personal physician or healthcare provider before increasing your physical activity.

Thomas S., Reading J, Shepard, R.J. Revision of the Physical Activity Readiness Questionnaire (PAR-Q). *Can J Sports Sci.* 1992;17:338-345.

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◆ Personal Training

Start a new exercise program or improve on your current program.

Certified Personal Trainer Jocy Surface will design a program to meet your needs. Use of weight room outside of this program will be at additional cost.

Call Joy Herbert at 961-1134 for more information.

A doctor's written permission is required to participate in this program

Each package purchased is good up to 6 months.

Resident

1 session - \$15

5 sessions \$65

10 sessions \$130

Each session is 1 hour.

Non Resident

1 session - \$25

5 sessions \$75

10 sessions \$140

Each session is 1 hour.

◆ Fit over Fifty

This program focuses on improving muscular strength and endurance, flexibility, and range of motion, stability and balance. Learn to develop a healthy lifestyle in a comfortable atmosphere. It's never too late to start!

Instructor Jocy Surface

When Mondays, Wednesdays, and
Fridays.

Time 9-10AM

Jocy will not be teaching November 25—29, December 23—January 1. (Aerobics room will still be made available)

Registration is ongoing - Passes are good up to 1 year from date of purchase

Resident

seniors (50+)

13 time pass = \$18

1 time visit = \$2

non seniors

13 time pass = \$25

1 time visit = \$3

Non Resident

seniors (50+)

13 time pass = \$28

1 time visit = \$4

non seniors

13 time pass = \$35

1 time visit = \$6

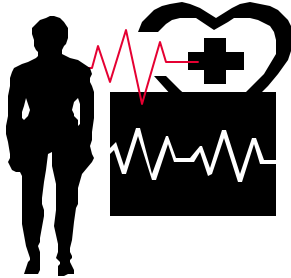
◆ Blood Sugar and Blood Pressure Screenings

Free screenings provided by MedShares Home Care

When Sept 9, October 7, and Nov 4

Time 10AM

Where Senior Community Room
Hallway



◆ Senior Golfers

For women golfers call Jo Powell at 953-1544 for meeting times. We are currently looking for a men's golf leader. Call Joy at 961-1134.

◆ Tennis Group

Join the group for a game or just some practice every Monday. The group moves inside beginning October 7 to the Rec Center Gym from 10:15 - 11:45. All levels welcome. Call Germille at 552-2575 for more information.

◆ Senior Fitness Center

The Senior Fitness Center features treadmills, stationary bikes, a step machine and weight lifting equipment. The center is open to adults ages 18 and above.

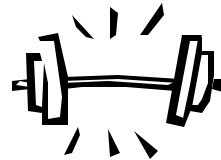
Passes are good up to 1 year from date of purchase

seniors (50+)

\$1/visit or \$25 for a 30X pass.

non seniors

\$2/visit or \$45 for a 30X pass



◆ Free Fitness Center Orientations

Free orientations to the fitness center are available by appointment. You can call Joy at 961-1134 or the front desk at 961-1149 to schedule one. Orientations are done by our fitness enthusiast Paul Smeal.

♦ Tai Chi I

Improve your balance, strength, circulation and mental focus in this beginners class. Tai Chi is based on slow, gently and relaxed movements that incorporate the whole body.

Instructor: Tom Richardson

When Tues. and Thurs (6 weeks)
September 24—October 31

Time 8-9AM

Where Senior Community Room
Most sessions

Cost \$30R/\$40 NR

Registration begins Tuesday, August 27 at 9:30AM

♦ Tai Chi II - Early Fall - Session I

Continue learning the skills to enhance your health and well being.

Prerequisite is Tai Chi I

Instructor Tom Richardson

When Tues. and Thurs (6 weeks)
Sept 24—October 31

Time 9-10AM

Where Senior Community Room
Most sessions

Cost \$30R/\$40NR

Registration begins Tuesday, August 27 at 9:30AM

♦ Tai Chi II - Late Fall - Session II

Continue learning the skills to enhance your health and well being.

Prerequisite is Tai Chi I

Instructor Tom Richardson

When Tues. and Thurs (6 weeks)
Nov 5—Dec 19
(no classes Nov 26 and 28)

Time 9AM—10AM

Where Senior Community Room
Most sessions

Cost \$35R/\$45 NR

Registration begins Tuesday, August 27 at

♦ Stretch for a Healthy Back

This is an exercise class with a focus on participants regaining or maintaining muscular strength, flexibility, balance, and a back free of pain and stiffness. Developed by physical therapists, reviewed by chiropractors and taught by a certified personal trainer, this class has been proven to offer fitness and relaxation as benefits.

When Classes will be held Mondays, Wednesdays and Fridays beginning September 4 through December 20.

Time 1-2PM

Where Senior Community Room

Cost \$5 for residents, and \$10 for non residents is to be paid to the Town of Blacksburg at registration beginning August 28. At class start you can pay the instructor \$20/month or \$3/class.



Classes for Education and Leisure

◆ Pleasing to the Palette

Explore your artistic abilities. Beginners are also encouraged to participate. Students will receive individual instruction and learn from their fellow students. There are two, 6 week session offered this quarter. You may register for one or both sessions.

Session I

September 24—Oct 29, Tuesdays

1230-330PM

\$35 for residents, \$45 for non residents

Session II -

Nov 5—Dec 17, Tuesdays

1230-330PM

\$35 for residents \$45 for non residents

No class on November 26

Registration begins August 27

◆ Intermediate Bridge

Let Pat Palmer help you to improve your game.

When September 18 - October 23,
Wednesdays

Time 10– Noon

Where Senior Program Room

Cost Pay instructor \$5 first day of
class

Registration is required and begins August 27

◆ Circle of Friends Workshop

Write and read wit ha circle of friends. You can create the type of writing in which you are interested: memoirs, fiction, poetry, etc. There will be a roundtable of others who like to write who will be able to offer advice and support on your projects while you do the same for them. Come join our informal group, led by Becky Etzler, who had been an English Instructor at Virginia Tech

When Tuesdays, Sept 24 - October 29

Time 9:15AM - 11:15AM

Where Senior Social Room

Cost \$18

Registration begins August 27

◆ Shakespeare for Retirees

Written Late in Shakespeare's career, Antony and Cleopatra presents the love story of powerful world figures: Cleopatra, Queen of Egypt, and Antony, one of the rulers of the Roman world. Not innocents like Romeo and Juliet, these real-life characters are complex, political, flawed, tricky, courageous, and ultimately inseparable. Leader is Caroline Chernside, retired from Virginia Tech English Department.

Seven class meetings, with movie on last meeting. Bring paperback copy of play, such as Folger edition.

When September 19 - October 31

Time 10-11AM

Cost \$5 R, \$10 NR

Where Senior Social Room

Registration begins August 27 at 930AM



◆ 55 Alive Defensive Driving

The American Association of Retired Persons (AARP) has developed a classroom refresher course for drivers age 50 and older. This course may make you eligible to receive auto insurance discounts.

When Thursday September 12 and Friday
September 13

You must attend both days

Time 9AM—1PM

Where Senior Community Room

Cost \$10, pay instructor the first day of class.

**Registration begins August 27 at 930AM. You can
call Joy at 961-1134 to register.**

New Programs



♦ Fun and Fit

We've all heard about the benefits of physical activity. However, being active doesn't mean you have to sweat in the gym or run a marathon. Recreational activities, such as the ones that Paul Smeal and other seniors have put together for you, can enhance quality of life physically, socially and emotionally. Join us for great fun and fellowship. And remember, games aren't just for little kids!!!

Thursday, September 5. Beginning at 10:30AM. Join friends at our annual summer picnic for Croquet and Horseshoes. You'll get an orientation to the game if needed. Picnic is \$7 - see page 5 for registration details.

Tuesday, September 17. Meet at the front entrance of the community center at 10AM. There you will be transported by van to Cox's Miniature Golf. Return to the center by noon. Fee is \$5 for transportation and game. Registration begins August 27.

Tuesday, October 1. Meet at the front entrance of the community center at 10AM to practice Softball hit and throw, shot put, and discus. Don't knock it until you try it!! Program is free and ends by noon.

Tuesday, October 8. Join us in the community center game room for Billiards and table tennis beginning at 10AM. Program is free and ends at noon.

Monday, October 14. Join Dick Dore for a Tennis Workshop. Learn some skills or just start playing with current Tennis group participants. Meet at the front entrance of the community center at 10AM.

Monday, November 11. Join us for some Basketball free throws and Frisbee throwing in the community center gym beginning 10AM. Program free and ends at noon.

You don't stop playing because you grow old..... You grow old because you stop playing."

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Dr. Ray Tuck
Dr. Jennifer Rathmann**

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(540) 951-4357* (888) 263-0979* RayTuck@TuckClinic.com**

Senior Computer Learning Center (SCLC)

The SCLC is open to the public Mondays from 130-430PM and Thursdays from 9-12. Except during holiday weeks or during the absence of a lab monitor .

♦ Senior Open Time

Free one on one help for your computer needs. Whether you want to practice or get help when you get stuck, computer volunteers are available to assist you. Bring in your questions about file management, internet or email, word processing, new software, etc. Volunteers are available on Mondays from 130-430 and Thursdays from 9-12 (except holiday weeks). No appointment is necessary.

♦ On Line Banking

Assistance with the National Bank of Blacksburg's On-Line Banking system is available during Open Time by appointment. Program is free.

Computer Classes

♦ Computer I

Objective of the course is to make students more comfortable with the computer and to learn basic word processing using *WORD PAD*.

When September 23—27

Monday—Friday (5 classes)

Time 9:30AM—1130AM

Where Senior Computer Learning Center

Cost \$20 - resident

\$30 - Non resident

Registration begins Tuesday, August 27 at 930AM

♦ Computer Personal Training.

Are group structured classes not your style? Unable to get your specific questions answered? You've heard of Fitness Personal Trainers, this time we have Connie Anderson who wants to be your computer personal trainer.

Suggested Topics: Digital Camera and/or Scanner Software, Computer Software to Fit Your Needs, Word Processing Using WordPad or Microsoft Works, Basic Computer Use and Troubleshooting Advice

Time Instructor will call you after you have registered and will arrange a convenient time to meet.

Place Senior Computer Learning Center if possible.

Cost \$10/session for residents or \$20/session for non residents, pay at registration. Future sessions can be purchased if necessary. Each session is 3 hours.

Registration begins Tuesday, August 27 at 930AM

• Computer II

Prerequisite- Computer I

Review of computer I and a beginners look at *Outlook Express and Internet Explorer*.

When October 28—November 1

Monday—Friday (5 classes)

Time 9:30-11:30AM

Where Senior Computer Learning Center

Cost \$20 resident

\$30 Non resident

Registration begins Tuesday, August 27 at 930AM

♦ Microsoft Word 97/2000 (only)

Prerequisites - Computer I. Participants must also have Word 97/2000 on their computers.

Instructor—Connie Anderson; connie@vt.edu; 540/951-1623

When October 7—11

Time 9:30AM—12:30PM

Where Senior Computer Learning Center

Cost \$20 for resident, \$30 for non resident

All lessons will be covered in the Handout to the Class

Lesson 1 Creating, Saving and Opening a Document

Lesson 2 Formatting a Document (Basic Instructions)

Lesson 3 Changing Case, Spelling and Grammar, Headers and Footers, and Creating Columns

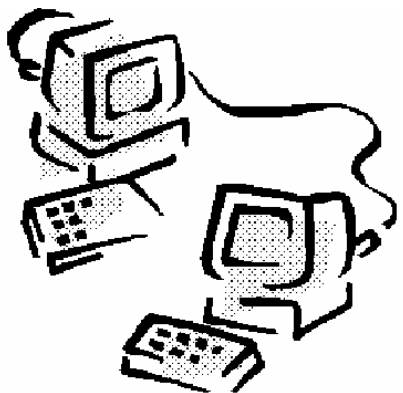
Lesson 4 Creating a Table, Basic use of Word Count, Language, Envelopes and Labels.

Lesson 5 Create Labels using Mail Merge and Additional Word Tips.

Registration begins Tuesday, August 27 at 930AM



Madison Computer Consulting



MCC supports the Blacksburg Senior Center:

- Free delivery with the purchase of a new computer.
- Free unpacking and setup during delivery of a new computer.

We Support The Area's Most Important Businesses:

Local Governments, School Systems, Insurance Companies, Real Estate and Property Management Companies, Doctor and Dental Offices, Law Offices, Libraries, Police and Fire Departments, and other business offices

MCC Services:

- | | |
|--|---|
| • COMPUTERS & LAPTOPS | • WIRELESS NETWORKING |
| • NETWORK INSTALLATION | • NETWORK SERVICE |
| • NETWORK DESIGN | • NETWORK CABLING |
| • ON-SITE WORK | • 24/7 AVAILABILITY |
| • COMPUTER REPAIR WORK
(PC & MAC) | • VUE AND PROMETRIC
TESTING CENTER |
| • WEB & EMAIL HOSTING | • CISCO PREMIER PARTNER |

Directions to MCC from the Senior Center:

1. Patrick Henry to Toms Creek
2. Right on Toms Creek to US460
3. Left on US 460 to the light at Yellow Sulphur (at the NBB intersection before the hospital).
4. Left at the light onto Yellow Sulphur, then an immediate right turn onto an access road to MCC, Inc.

Building Computer Solutions That Work For You

**3607 South Main Street
Blacksburg, Virginia 24060
M-F 9am to 8pm, Sat. 10am to 4pm**

**(540) 951-8202
Fax (540) 951-3648
www.m-c-c-inc.com**

MCC's technicians are all Microsoft, A+, and Network+ Certified. We have Novell (CNA) and Cisco Administrators (CCDA, CCNA) administrators on staff, and we have experience with Linux and Apple products.

On the Road Again.....

♦ Important Trip information

- Vans will be available to load no earlier than 30 minutes prior to departure unless otherwise specified in the trip description. Please arrive at least 15 minutes prior to departure.
 - Be careful getting in and out of the vans. Sometimes we must park on uneven surfaces. Sometimes the roads and sidewalks are wet and slippery. If you need help, please wait for the van driver to assist you.
-

♦ Carroll County

Take a trip to Carroll County and learn about the 1912 Hillsville Courthouse shootout. We'll start with lunch at the popular Hillsville Diner followed by a tour of the Carroll County Museum. We'll be guided through the privately owned J. Sidna Allen Home which was the home of a major figure during the shootout. We'll also visit the Harmon museum filled with Hillsville history, American Indian artifacts, pioneer tools, Revolutionary War, Civil War and World War Exhibits. If time allows we'll stop by the local Farmer's Market

When Wednesday, Sept 4

Itinerary Leave center at 9:30AM for lunch at 11AM. Return to the center by 630PM.

Cost \$6 residents, \$12 non residents. Fee includes transportation only. You will need to pay for lunch on site and \$2 cash for tour of home.

Registration begins August 27 at 930AM

♦ Reynolda House and Gardens - Winston Salem, NC

Enjoy masterpieces of American art displayed in the gracious American country home built in 1912 - 17 by Katharine Smith and Richard Joshua Reynolds, founder of the tobacco manufacturing company. The comfortable setting with original furnishings provides a relaxed atmosphere enjoyed by thousands of visitors each year. Tour the several gardens including, The Greenhouse Gardens, Formal Gardens and the Fruit, Cut Flower and Nicer Vegetable Gardens. At the Reynolda Village you will enjoy shopping throughout buildings that were architecturally designed to resemble a quaint English country village. We'll start our day with a delicious lunch at the Vineyards Restaurant.

When Wednesday, September 11

Itinerary Van departs center at 9AM for lunch at 11:30AM with return to the center by 630PM.

Cost \$35 for residents, \$45 for non residents. Fee includes transportation entrance to the shopping village, House and garden tours, and lunch.

Registration begins August 27 at 930AM



◆ Allandale Mansion - Kingsport, TN

Intriguing history and southern elegance create the romantic setting of Kingsport's Allandale Mansion, often called Kingsport's "White House". Built in 1950 by Ruth and Harvey Brooks. Allandale still houses their fine furnishings, antiques, and art. We'll also tour the Netherland Inn. This is the Nations' only registered historical site which was both a stage stop and a boatyard. Buffet lunch at the Meadow View Resort.

When Wednesday, Sept 18

Itinerary Van departs at 8AM for a buffet lunch at 11:30AM. There will be a quick dinner snack stop on the way home. Arrive back at the center by 8PM.

Cost \$31 for residents and \$41 for non residents. Fee includes transportation buffet lunch and all tours.

Registration begins August 27 at 930AM

◆ Botetourt County Museum - Virginia

Take a trip to the Botetourt County Historical Museum. The museum contains artifacts donated by friends of families who have lived in Botetourt County, which was formed in 1770 and at one time extended to the Mississippi River. Enjoy lunch at the Captains' Tavern for the "Best Seafood this Side of the Coast."

When Wednesday, September 25

Itinerary Leave center at 830AM for tour starting around 10AM. Lunch is 11:30AM. Return to the center by 2:30PM.

Cost Residents \$5, non residents \$10. Fee includes transportation only. Lunch extra.

Registration begins August 27 at 930AM.

◆ Hawk's Nest State Park, WVA

One of our most popular trips that promises a scenic drive, beautiful views, delicious food and some optional excitement. Fall colors should be peeking through. After our delicious buffet lunch you can shop and relax or take a scenic canyon rim tram ride or an exciting upstream jet boat ride to see the New River Gorge Bridge. There are also walking trails.

When Wednesday, October 2

Itinerary Leave center at 8AM for arrival at 1115AM. Lunch is at 1130PM. For those interested in tram and/or jet boat rides (weather permitting and ticket availability) please make your way to the tram station to pick up your tickets. Tram only is \$2, jet boat and tram is \$14.

Return to the center by 6:30PM.

Cost \$20 residents and \$30 non residents. Fee includes transportation and buffet lunch

Registration begins August 27 at 930AM.



◆ Peaks of Otter and D-Day Memorial Tour—Bedford, VA

This guided tour of D-Day Memorial will enhance your visit as you learn more about the history of the memorial and its future. Afterwards, we will travel to the beautiful Peaks of Otter Lodge for their annual Octoberfest buffet.

When Tuesday, October 8

Itinerary Van departs the center at 830AM for the tour at 1030AM. Lunch buffet will begin at 1230AM. Van will return to the center by 4PM.

Cost \$34 for residents, \$44 for non residents. Fee includes transportation, parking fees at the memorial, guided tour, and lunch buffet.

Registration begins August 27 at 930AM

For those needing assistance at the Memorial, there are cart rides available for \$4/person. Please let Joy know at registration if you will need this service. Space is limited.

• Smith Mountain Lake Cruise and Old Hales Ford Store

You might have missed this trip this past summer or maybe you want to cruise the lake again while viewing the spectacular fall colors. Climb aboard the 19th century Side Wheeler the Virginia Dare and enjoy a delicious buffet lunch while you take in the scenic waterway of beautiful Smith Mountain Lake. Afterwards, we'll stop at Old Hales Ford Store. This store has a long commercial history from country store to slave trading depot, to civil war recruitment station to post office. Today you'll find handcrafted gifts, crafts, furniture, china, a garden center and much more.

When Wednesday, October 23

Itinerary Leave center at 9:00AM for sail and lunch at noon. Return to the center by 6PM.

Cost \$36 R/ \$46 NR. Fee includes transportation, cruise, meal with taxes and gratuities.

Registration begins Tuesday, August 27 at 9:30AM

• Day in Mount Crawford, Virginia

Start the day with a delicious buffet lunch at Ever's Family Restaurant. It's the home of the best macaroni and cheese. Afterwards you'll spend the afternoon visiting Shenandoah Heritage Family Market and the Dayton Farmer's Market. Shop the markets for arts and crafts, Cheeses, Meats, Wood working, Mennonite goods, clothing, Bakery items, specialty foods, green house items, antiques and much more. A great time to get ready for the upcoming holidays.

When Thursday, November 7

Itinerary Depart senior center at 8:45AM for lunch at 11:30AM. Van returns to center by 7PM. There will be a short dinner stop on the way home at McDonald's—If you still have room after Evers!!!

Cost \$6 residents/\$12 non residents. Price includes transportation only. Pay \$7.20 for buffet at restaurant.

Registration begins Tuesday, August 27 at 9:30AM



♦ Gatlinburg and Pigeon Forge Tennessee November 11—13

Whether you want to tour, shop, relax, or take in the shows, this trip promises something for everyone. Spend 2 nights in the mountain village of Gatlinburg and enjoy a Winter Wonderland of 2 million animated twinkling lights as far as the eye can see. Trip includes shopping opportunities in both Gatlinburg and Pigeon Forge, optional tours of the aquarium and Christus Gardens, optional sky lift ride and other attractions, 2 shows, and of course - southern cooking at its best.

Hotel Accommodations at the Edgewater Hotel. 2 queen size beds per room.

Rates:

Single \$275

Double \$210/person

Triple \$190/person

Quad \$180/person

Price includes 2 nights lodging with breakfast buffet Tuesday and Wednesday mornings, Tour and lunch at the "Old Mill" on Monday, Dinner and Show both Monday and Tuesday evenings.

Trip is non-refundable after October 12

Call Joy at 961-1134 for complete itinerary. Space is limited and registration begins early on August 19 at 930AM.

♦ Hanes Mall and Winston Salem's Christmas Light display

Start or finish your holiday shopping at one of our favorite malls. Then take a 3 mile drive through their spectacular light display. Sure to get you in the holiday spirit.

When Wednesday, December 4

Itinerary Leave center at 10AM and return by 9PM.

Cost \$8 residents and \$16 non residents. Fee includes transportation only.

Registration begins Tuesday, August 27 at 9:30AM

♦ Hotel Roanoke

Don't miss our favorite Dine out Lunch buffet. This will also be our last trip for the year 2002. See all the glorious decorations in this elegant Hotel. Enjoy shopping at the market afterwards.

When Wednesday, December 18

Itinerary Leave the center at 1030AM for lunch at 1130AM. Van returns by 3PM.

Cost \$18 for residents, \$20 for non residents. Fee includes lunch and transportation.

Registration begins August 28 at 930AM



Fall Quarter At A Glance

This summary does not include Ongoing Programs. See their listing which begins on page 8 of this newsletter.

Trips and Special Events

Date	Trip/event	Ref Page
August 27	Fall Registration	4
29	Cruise Info Hour	5
September 4	Carroll County	18
5	Annual Picnic	5
9	Pancake Breakfast	5
9	Preventing Falls Presentation	6
11	Reynolda House	18
18	Allandale Mansion	19
October 2	Hawks Nest	19
3	Annual Lasagna Dinner	5
7	Breakfast	5
8	Peaks of Otter/D-Day Memorial	20
23	Smith Mountain Lake Cruise	20
30	Dr. Hendricks Presentation	6
November 4	Breakfast	5
4	Homecare Overview Presentation	6
7	Day in Mount Crawford	20
11 - 13	Pigeon Forge/Gatlinburg	22
December 4	Hanes Mall and Light display	22
10-12	Christmas in Washington	23
18	Hotel Roanoke	22

Fitness Programs

Sept 24 - October 31	Tai Chi I	13
Sept 24 - October 31	Tai Chi II - session I	13
Nov 5 - Dec 19	Tai Chi II - session II	13
Mon-Wed-Fri	Fit over Fifty/aerobics	11
Mondays	Tennis	12
Sept 4 - Dec 20 (M,W,F)	Healthy Backs	13
By appointment	Personal Training	11
By Appointment	Fitness Center Orientations	12
9/9,10/7, 11/4	Blood pressure/blood sugar	12

Classes

Sept 23 - 27	Computer I	16
October 28 - Nov 1	Computer II	16
By Appointment	Computer Personal Training	16
October 7 - 11	Microsoft Word	16
Sept 24 - Oct 29	Art session I	14
Nov 5 - Dec 17	Art session II	14
Sept 19 - 31	Shakespeare	14
Sept 24 - Oct 29	Circle of Friends	14
Sept 12 & 13	55 Alive Defensive Driving	14
Sept 18—October 23	Intermediate Bridge	14